

Dhampus Village – Family Trek

A relaxed foothill trek through terraced hills, traditional Gurung villages, and stunning Himalayan panoramas — ideal for families looking for their first mountain adventure.

Total Duration: 8 Days

Max Elevation: 2,100m (Australian Camp)

Max Sleeping Elevation: 2,100m

Difficulty: Easy

Accommodation: Hotel in cities | Teahouse Lodges during trek

Best Season: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Airport pickup and transfer to hotel for rest after travel.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Transfer only

Day 2 – Kathmandu Preparation Day (1,400m)

Overview: Trek briefing, gear check, and time for last-minute shopping.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Light walking optional

Day 3 – Drive to Pokhara (820m)

Overview: Scenic drive to Pokhara, the gateway to the Annapurna region.

Elevation Loss: -580m

Duration: 6–7 hours

Accommodation: Hotel (Pokhara)

Day 4 – Drive to Phedi & Trek to Dhampus (1,700m)

Overview: Short drive to trailhead followed by gentle climb through terraced hills.

Elevation Gain: +880m

Walking Duration: 3–4 hours

Accommodation: Teahouse (Dhampus)

Day 5 – Dhampus to Australian Camp (2,100m)

Overview: Gradual ascent to scenic viewpoint with panoramic Himalayan views.

Elevation Gain: +400m

Walking Duration: 3–4 hours

Accommodation: Teahouse (Australian Camp)

Day 6 – Australian Camp to Phedi & Drive to Pokhara (820m)

Overview: Descend back to Phedi, then drive to Pokhara for rest.

Elevation Loss: -1,280m

Walking Duration: 3–4 hours trek + 1 hour drive

Accommodation: Hotel (Pokhara)

Evening: Team dinner

Day 7 – Pokhara to Kathmandu (1,400m)

Overview: Return drive to Kathmandu and time for relaxation or exploration.

Elevation Gain: +580m

Duration: 6–7 hours

Accommodation: Hotel (Kathmandu)

Day 8 – Departure or Free Day

Overview: Airport transfer or optional sightseeing day in Kathmandu.



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